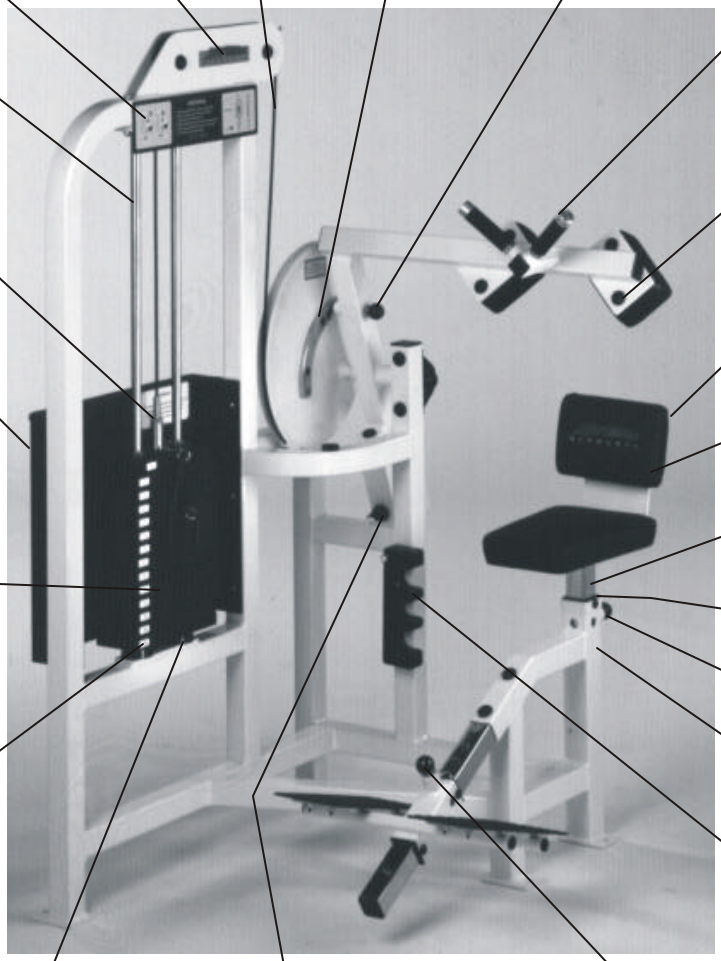
STRENGTH 9000 SERIES TRAINING EQUIPMENT
ST05 Abdominal



Label
0K50-01001-0004

Cable
AK50-CL085-0001

Stainless Selector
0K50-P0406-0000

Placard
ST05-PL000-0001

Pull Pin
SK50-S0006-0000

Rubber Grip
0017-00042-0995
Grip Ring
0K50-P0316-2000
Grip Cap
0K50-P0315-2000
Set Screw
0017-00101-1406

Guide Rod
0017-0009-0933

Jam Nut
0017-00103-0234

End Cap
0017-00042-0947

Side Shield
0K50-E0029
Plastic Back Plane
0K50-E0032
Logo
M051-00335-A000
Rivets
0017-00101-1587

Seat Assembly
See booknote

Pad Set
ST05-FEA02-0P15

(Seat Post Assembly
S/N 64963-Above
See Page 3)

Weight Stack
AK50-WS012

Plastic Insert
0017-00042-0998

Weight Stack Pin
SK50-S0151-0000

Pull- Pin
SK50-S0001-0000

Seat Stop
(inside frame)
ST05-S0004-0000

Weight Stickers
M051-02610A000
(10-190 lbs)
M051-00264-A000
(5-95 kg)

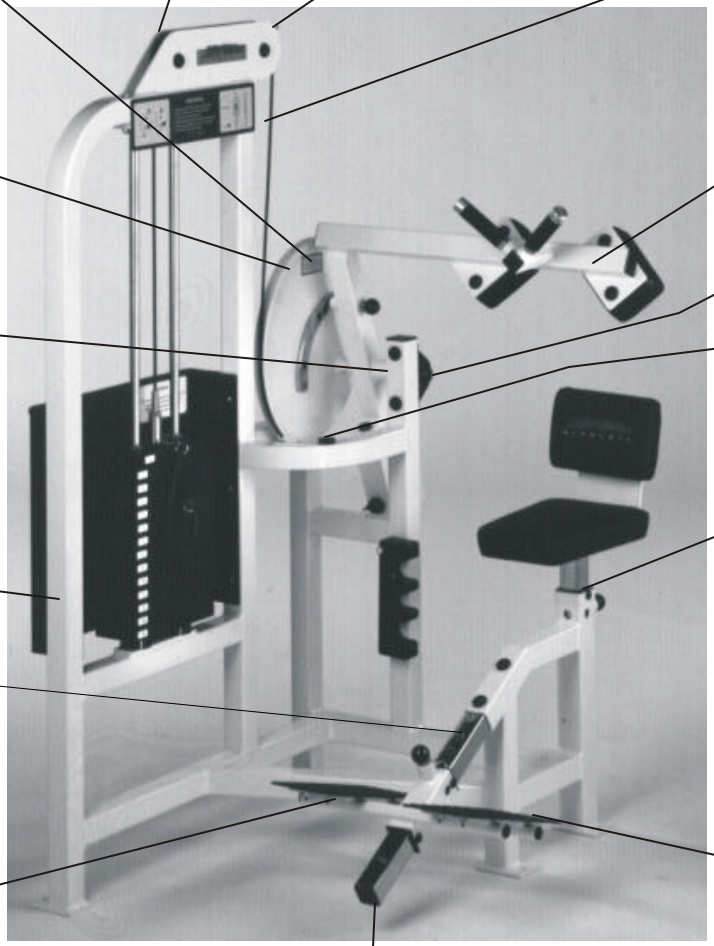
Add-on Weight 5 lbs
050-PO312-0000
Weight Cover
0017-00009-0947

Weight Donut
0017-00042-993

Crutch Tip
0017-00042-0986

Pull-Pin
SK50-S0001-0000

STRENGTH 9000 SERIES TRAINING EQUIPMENT
ST05 Abdominal



Pulley
0017-00009-0977
Bolts
0017-00101-1413
Cap Washers
0017-00104-0368
Caps
0017-00042-0969

Shoulder Bolt
0017-00042-1392
Nut
0017-00103-0228

Small Label
M051-00293-A000

Cable Retainer Bolt
0017-00101-1431
Rubber Caps
0017-00042-0936

Cam
ST05-S0007-000
Selector Pin
SK50-S0004-0000
Counter Weight (plastersol)
0K50-P0170-0000

User Arm
ST05-S0009-0000

Pillow Block Bearings
0017-00006-0239

Shaft Collar
0017-00009-0942
Plastic Tubing
0K50-R0015-000
Bearing (2)
(inside arm)
0017-00006-0181

Large Rubber Stop
0017-00042-0978

Plastic Seat Guide
0017-00042-0998
Phillip Screw
0017-00101-1616
Cap Washer
0017-00104-0365
Caps
0017-00042-0968

Warning Label
M051-00335-A000

FOOT SLIDE STAINLESS
ST05-M0006-0000

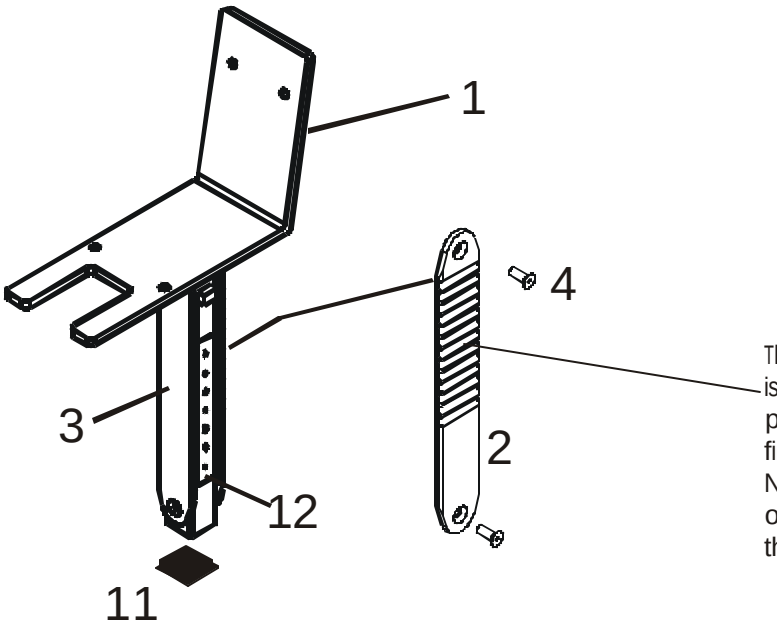
Delrin Bushing(connected to bottom of seat inside the frame):
FB31-M0045-0000

Foot Slide
ST05-S0001-0000
Plastic Guide
0017-00042-0998
Phillips Screw
0017-00101-1616
Cap Washer
0017-0104-0365
Caps
0017-00042-0968
End Caps
0017-00042-0974

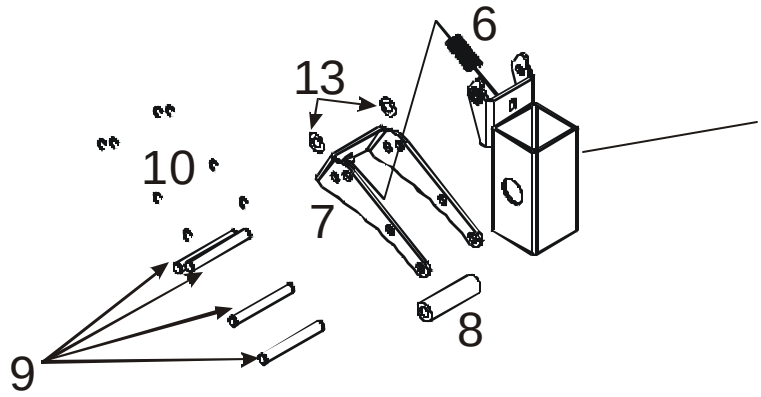
Foot Plate
0K50-P0529-0000
Bolts
0017-0[illegible]-1370
Washers
0017-00104-0312
Nuts
0017-00103-0227

End Cap
0017-00042-0947

STRENGTH 9000 SERIES TRAINING EQUIPMENT
ST05 Seat Post Assembly - S/N 64963-Above



The 13 notch front/back striker plate is grey. The 14 notch front/back striker plate is black and was implemented first quarter 2001.
Notched striker plate to be installed on seat post such that it is on the same side as the lever handle.



NOTE: The Seat Guide is welded to the frame. Shown separately for illustration purposes only.

BILL OF MATERIALS			
Item No.	Qty.	Part Number	Description
1	1	ST05-S0011-0000	Seat post assembly
2	1	0K50-P0547-0000	Front striker plate (14 notch)
3	1	0K50-P0548-0000	Back striker plate
4	4	0017-00101-1655	5/16" x 24 flat bolt
6	1	0017-00009-1079	Spring
7	1	0K50-P0550-0000	Lever release
8	1	0017-00042-1089	Rubber grip
9	4	0K50-P0551-0000	Grooved pin
10	8	0017-00100-0190	Retaining clips
11	1	0017-00042-0944	1-1/2" x 1-1/2" End cap
12	1	M051-00363-A000	Number strip
13	2	0017-00104-0373	Nylon washer